

**Stacey Parker**

---

**From:** Stacey Parker  
**Sent:** Wednesday, July 08, 2015 10:15 AM  
**Subject:** PRESS RELEASE 07/08/15 - Norman Parks and Recreation Performance Camps

## **PRESS RELEASE**



**City of Norman**  
**201 West Gray**  
**Norman, Oklahoma 73069**

For Immediate Release: July 8, 2015

Contact: Jason Olsen, City Recreation Center Supervisor, (405) 292-9703,  
[Jason.Olsen@NormanOK.gov](mailto:Jason.Olsen@NormanOK.gov)

### **Norman Parks and Recreation Performance Camps**

The Norman Parks and Recreation Department is proud to present the Norman Parks and Recreation Performance Camps. The camp is for ages 7-14 at the Whittier Recreation Center, 2000 W Brooks. Performance Camps are two separate camps; Speed and Agility Camp from 10 - 12pm and then Strength and Power Camp from 1 - 3pm. The cost for the camps is \$60 each and both camps are coed camps.

The speed and agility camp will be run by strength and conditioning professionals from Youth Performance, a sports performance and general fitness training facility located in Norman. Chat Williams, MS, CSCS\*D, NSCA-CPT\*D and Ryan McClure, BS, CSCS, NSCA-CPT have worked considerably with youth athletes and non-athletes to improve strength, power, agility, speed, flexibility, body composition, health, and self-confidence. Their certifications through the National Strength and Conditioning Association, their college degrees in exercise science, and their experience training athletes and non-athletes will greatly benefit your child or your team. The Youth Performance staff will be available to answer questions about speed and agility, strength and conditioning, and nutrition 30 minutes before and after every day of the camps.

You can register at the Whittier Recreation Center, the Parks and Recreation Department, 201 West Gray Street, or online at [www.youthsportsofnorman.com](http://www.youthsportsofnorman.com) and mail in your registration.

For more information, call (405) 292-9703, email [jason.olsen@normanok.gov](mailto:jason.olsen@normanok.gov) or visit [www.youthsportsofnorman.com](http://www.youthsportsofnorman.com).

Other Sports Camps the Norman Parks and Recreation Department is holding this summer includes:

Cheer and Tumbling Camp  
Showcase Friday at 3 p.m.  
July 22-24, 1 – 4 p.m. - Ages 5-12 - \$85

Lacrosse Camp

July 20-23, 9 a.m. to noon - Ages 8-14 - \$85

Jr. Rookie Camp

Four Days, Four Sports for your Young Athlete (Baseball/Softball, Basketball, Soccer & Speed & Agility)

July 27-30, 10 a.m. to noon - Ages 4-7 - \$85

Sr. Rookie Camp

Four Days, Four Sports for your Young Athlete (Baseball/Softball, Basketball, Soccer & Speed & Agility)

July 27-30, 1 – 3 p.m. - Ages 8-12 - \$85

###